

REBOOT

FIRST RESPONDERS



COURSE OBJECTIVES

- ✓ To inform course participants of the basic facts concerning line-of-duty stress and trauma, including:
 - The various events that can precipitate “soul wounds,” Post-traumatic Stress, and Post-traumatic Stress Disorder.
 - The common symptoms of Post-traumatic Stress.
- ✓ To help participants experience the strength and optimism generated by an inclusive, cohesive group of supportive friends with whom they can feel heard and understood.
- ✓ To provide a safe, non-judgmental environment where participants can process and share their traumatic experiences with others who have had similar experiences.
- ✓ To provide a confidential environment where participants can share experiences and observations without fear of repercussions from their departments or their co-workers.
- ✓ To teach participants to engage in a balanced, three-dimensional approach to Post-traumatic Stress: physical, psychological, and spiritual.
- ✓ To inform participants how to apply Biblical principles that address the causes and symptoms of Post-traumatic Stress.
- ✓ To help participants recognize the counter-productive nature of most of their typical methods of coping with the stress and trauma of their careers.
- ✓ To give participants practical steps to follow when dealing with particularly debilitating aspects of line-of-duty stress and trauma such as anger, loss, grief, false guilt, bitterness due to unforgiveness (of self and others), depression, and suicidal ideation.
- ✓ To involve first responder spouses in the whole Firstline experience so that they can better understand their spouses, be more supportive, and care for their own secondary stress and trauma.
- ✓ To help participants re-frame adversity in their lives, seeing it as a potential agent of strengthening, growth, and resiliency instead of harm and distress.
- ✓ To motivate participants to view God as a responsive, engaged, compassionate, healer and source of power, inspiration, and resiliency, and to approach Him as such.
- ✓ To give participants the vision that, as they gain strength, stability and healing, they are equipped to help others who are struggling with line-of-duty stress and trauma.

REBOOT FIRST RESPONDERS CURRICULUM OUTLINE

WEEK 1 THE GATEWAYS OF TRAUMA

Explores the six most common events and conditions that can bring on Post-traumatic Stress and Post-traumatic Stress Disorder.

WEEK 2 CHANGE THE ROOTS, CHANGE THE FRUITS

Identifying “soul wounds” in our lives, and understanding that the “fruit” that our lives produce depend in large part on the type of soil our roots are in; natural trauma versus malevolent trauma.

WEEK 3 PURPOSE IN YOUR PAIN

How one can change Post-traumatic Stress Disorder into Post-traumatic Stress Growth; the positive side of adversity and stress “seeing it as a strengthening agent.”

WEEK 4 MAKING CHOICES TO HEAL

The instrumentality of Free Will in how we survive trauma – or don’t; the necessity of intentionality versus passivity in the healing process; abandoning the harmful “Go-To Painkillers” that trauma sufferers often resort to.

WEEK 5 UNLOADING

Understanding the difference between anger and angry outbursts; how to deal with “Triggers” that can lead to emotional outbursts; how to recognize and manage one’s anger before it leaves the launching pad.

WEEK 6 COLLATERAL DAMAGE

How to deal positively with loss and grief; example of how Jesus dealt with the loss of His good friend Lazarus; how it is that God can allow such adversity in our lives if He is good and loves us.

WEEK 7 WALKING THROUGH DEATH VALLEY

Understanding how depression can lead to thoughts of suicide, and how to deal with them – in one’s self and in others; explore the key causes of suicidal ideation, and the warning signs of suicide.

WEEK 8 GUILT AND INNOCENCE

The difference between true guilt and false guilt; how one should respond to both kinds of guilt; seeking forgiveness from God for our harmful acts.

WEEK 9 FORGIVEN AND FORGIVING

The roles of accountability and restitution in forgiveness; why and how we need to forgive others who have hurt us; why and how we need to forgive ourselves when we have transgressed our own standards and personal boundaries.

WEEK 10 YOUR TRUE IDENTITY

Traumatic events and cumulative stress tend to shake our self-identity to the core and destroy it, producing a negative self-image and lack of confidence. This chapter seeks to rebuild a positive self-image based on the truths from scripture, rather than the negative influences around us.

WEEK 11 SHARE YOUR STORY

Each participant spends the week prior to this class preparing a personal narrative of “their story” – describing some of the key stresses or traumas they have experienced in their lives; several members share their stories with the group.

WEEK 12 GRADUATION

A ceremony recognizing each of the graduates for the efforts they put into the course, and celebrating their accomplishment with their families, friends, and associates.